

**CURRICULUM VITAE**  
**COL STEPHEN V. BOWLES, Ph.D., ABPP**  
**Uniformed Services University of the Health Sciences**  
Department of Medical and Clinical Psychology  
4301 Jones Bridge Road  
Bethesda, MD 20814  
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**EDUCATION:**

Wittenberg University, BA Psychology, 1977  
Washington University, MSW, 1981  
Alliant University, MA, 1988  
Alliant University, Ph.D., 1990  
National Honor Society in Psychology (PSI CHI)  
William Beaumont Army Medical Center, Internship, 1989-90  
Licensed by the Alabama Board of Examiners in Psychology, 1992  
Tripler Army Medical Center, Health Psychology Fellow, 1995-96  
American Board of Professional Psychology, Clinical Health Psychology Diplomat, 2000  
American Academy of Clinical Health Psychology, Fellow, 2007

**PROFESSIONAL, STAFF AND FACULTY POSITIONS:**

American Board of Professional Psychology, Clinical Health Psychology Board Member, 2009-2011  
District of Columbia Psychological Association Board Member (Currently President Elect), 2008-present  
Uniformed Services University Health Sciences, Bethesda, MD, Assistant Clinical Professor in Medical and Clinical Psychology, 2006-present  
University of South Carolina Medical School, Columbia, SC. Assistant Clinical Professor in Neuropsychiatry & Behavioral Sciences, 2000-2007.  
Medical College of Georgia, Augusta, GA. Assistant Clinical Professor in Psychiatry & Behavioral Sciences, 1998-2001.  
Eisenhower Southeast Regional Army Medical Center, Augusta, GA. Department of Psychology, Psychiatry, and Family Practice. Staff and Faculty, 1996-1999  
United States Army School of Recruiting and Retention, Columbia, SC. Faculty 1999-2004.  
United States School of Aviation Medicine staff, Fort Rucker, AL. Faculty 1990-1994, and Visiting Faculty 1994-2005.  
Troy State University-Dothan, AL., Adjunct Faculty 1992-1994:

**CURRENT POSITION:**

**Director of Military Psychology and Leadership, Assistant Professor, Department of Medical and Clinical Psychology, Uniformed Services University Health Sciences, Bethesda, MD**  
Serves as the interface to US Army, US Navy, and US Air Force Offices of the Surgeons General psychology leaders on military psychology. Provides military guidance to 20 joint service student officers. Teach Military Psychology to psychology students and Introductory Clinical Medicine to medical students. Lab research focus is in military resilience and complementary medicine. Serves as alternate member on University Institutional Review Board.

**PREVIOUS MILITARY ASSIGNMENTS:**

**National Capital Region Psychology Consultant, Interim and Deputy Chief of Psychology, Walter Reed Army Medical Center, Washington, DC. Command Psychologist JTC, Iraq**  
Oversee a 5 base region for psychology mental health operations and represented Army wide mental health operation as representative for the Army OTSG related to OIF and OEF. Lead a department of 30 staff in a major MEDCEN consisting of sections in testing and assessment, health psychology, and neuropsychology. Served as Joint Task Force Command Psychologist in Operation Iraqi Freedom for 6 months 2004-2006.

**USAREC Command Psychologist and Director, U. S. Army Recruiting Center One, Recruiting and Retention School, Ft. Jackson, SC.** Lead a staff of 10 civilian and military staff in psychological operations providing consultation for the 41 Battalions in CONUS and OCONUS operations. Serve as Program Manager leading diverse and disparate organizations (HQDA G-1, Human Resource Command, TRADOC and ARI) in the development of an Army wide screening instrument. Conduct Recruiter Assessment Board Evaluation process at U. S Army Recruiting and Retention School for all recruiters. Provide leader training on enhanced performance in recruitment operations and created the Well- Recruiter Program to develop more stress resilient and effective recruiters. Designed and implemented Center One Leader-Coach Program to provide mentorship to high potential leaders in recruiting. 2000-2004

**Director, LIFE Wellness Program, Chief, Behavioral Medicine and Chief, Organizational Health Psychology, Eisenhower Southeast Regional Medical Center, Ft. Gordon, GA (5 state region).** Serve as Director of comprehensive interdisciplinary wellness program. In this capacity, developed, organized and implemented the medical centers first comprehensive healthy lifestyle program to treat obesity. Provides clinical services to a variety of behavioral medicine patients/disorders such as essential hypertension, type II diabetes, headaches, hypothyroidism, and cancer. Serve as Clinical Director for regional smoking cessation program. Developed clinical pathways for smoking cessation program to include refill privileges for Zyban. Provide supervision and training to psychology and medical staff and residents at APA training site. Manage military and volunteer. Functions as Army Aeromedical Psychology Consultant and senior psychologist for the Southeast Region Behavioral Science Emergency Response Team 1996- 1999.

**Staff Psychologist, Tripler Army Medical Center, Honolulu, HI.** (APA resident training site) Serve as staff clinical psychologist for the Pacific Rim military medical center. Provided inpatient and outpatient psychodiagnostic assessment and treatment, supervision and training to psychology residents and interdisciplinary consultation with other professional services with military and civilian medical facilities in the Pacific Rim. Served as Aeromedical Psychology Consultant and quality consultant for the Professional Education Center for the National Guard. 1995 .

**Chief, Human Factors Branch. U.S. Army School of Aviation Medicine, Ft. Rucker, AL.** Served as the Director of the Aviation Psychology Training Course a TRI-Services course training military and Department of Defense psychologist. Taught behavioral science courses to military psychologists, physicians and pilots. Served as the U.S. Army Aeromedical Center senior staff psychologist providing assessment and treatment to the aviation community and families. Served on the U.S. Army Medical Board as senior psychologist providing dispositions and consultation on aeromedical cases and organizational interventions worldwide. 1990-1994

#### **GRANTS AND AWARDS**

Principle Investigator, WRAMC MARP Grant, *Developing Resilience and Well-being Assessment Measures for Injured Warriors and their Significant Support Person*, 2009-2010, 47,000.

Principle Investigator, USUHS Grant, *Developing the Leader Skills Inventory for Leader Development in Medical School* 2010-2011, 47,000.

Principle Investigator, USU Intramural Award, *Developing the Leaders Skills Inventory for Leadership Development in Medical School*, 2010-2011, 10,000.

#### **PUBLISHED ARTICLES/ABSTRACTS:**

Nash, W.P., Vasterling, J., Ewing-Cobbs, L., Horn, S., Gaskin, T., Golden, J., Riley, W.T., Perlstein, W., Bowles, S.V., Favret, J., Benedek, D., Heinssen, R., Mahoney, G., Koffman, R., Lester, P., Farnsworth, L.C., & Baker, D. (Submitted) Consensus recommendations for common data elements for operational stress research and surveillance. *Journal of Rehabilitation Research and Development*

- Bates, M, Bowles, S Hammermeister, J, Stokes, C, Pinder, E, Moore, M. (in press). Psychological fitness: A military demand-resource model. *Military Medicine*
- Bowles, S.V., & Bates, M.J. (2010). Military organizations and programs contributing to resilience building. *Military Medicine*, 175 (6) 382-385.
- Bowles, S.V. (2009) Perspectives in Leadership. *The Leadership Forum*. 1(5) 3-4.
- Darwin, J., Ainspan, N.D., Kloveck, John W., Bates, M. J., Bowles, S. V., Kilgore, J. A., & Solursh, L. P. (2008). Injuries and Symptoms. In N. Ainspan & W. Penk (Eds.), *War's Returning Wounded, Injured and Ill: A Handbook*. (pp. 30-49) Westport, CT: Praeger Security International.
- Bates, M. J., Bowles, S. V., Kilgore, J. A., & Solursh, L. P. (2008). A Guide for Injured Service Members Who Want to Continue Military Service. In N. Ainspan & W. Penk (Eds.), *War's Returning Wounded, Injured and Ill: A Handbook*. (pp. 67-102) Westport, CT: Praeger Security International.
- Bowles, S.V., Cunningham, C.J.L., De La Rosa, G.M., & Picano, J.J. (2007) Coaching Leaders in Middle and Executive Management: Goals, Performance, Buy-in. *Leadership and Organization Development Journal* 28 (5) 388-408.
- Bowles, S.V., & Picano, J.J. (2006) Dimensions of coaching related to productivity and quality of life. *Consulting Psychology Journal: Practice & Research*. 58(4) 232-239
- Bowles, S.V., Bernard, R.S., Epperly, T. Woodward, S., Ginzburg, K., Folen, R. et al. (2006). First trimester spontaneous abortion and psychological trauma: Characteristics of women with traumatic stress disorders. *Journal of Family Practice*. 55 (11) 969-73
- Bowles, S.V, Picano, J.J., Epperly, T, & Myers, S. (2006) The LIFE program: A wellness approach to weight loss. *Military Medicine*. 171 (11)1089-1094.
- Bowles, S.V. (2004) Challenges to Military weight standards and maladaptive practices of service members to meet weight standards. In: *Weight management: state of the science and opportunities for military programs*. *National Academies Press*: Washington DC; 2004: 185-188.
- Borman, W, Horgen, K, Birkeland, S, Penney, L, Sutton, M, Mills, L, et al. (2001). Development of Recruiter Assessment Measures for the U.S. Army. *Personnel Decisions Research Institutes Technical Memorandum*, Tampa Bay, FL
- Koopman, C., Drescher, K., Bowles, S., Gusman, F., Blake, D., & Dondershine, H. (2001). Acute Dissociative Reactions in Veterans with PTSD. *Journal of Trauma and Dissociation*, Vol. 2(1), 91-111
- Bowles, S., Ursin, H., & Picano, J.J. (2000). Aircrew perceived stress: Examining crew performance, crew position, and captain personality. *Aviation, Space, and Environmental Medicine*, 71(11) 1093-1097.
- Bowles, S.V., James L.C., Solursh, D.S., Yancey, M.K., Epperly, T.D., Folen R.A. et al. (2000). Acute and post-traumatic stress disorder after spontaneous abortion. *American Family Physician*, 61, 1689-96.
- Bowles, S.V., Davis, M.K, Ingram, M.V., & Jones, S. (2000). Healthy lifestyle change program for weight reduction: One year follow-up. *Psychosomatic Medicine*
- Bowles, S.V., Solursh, D. S., Davis, M. K., & Davis, H. (1999). The relationship of quality of life and weight loss in a fit population. *Psychosomatic Medicine*, 61,104.

- James, L.C., Folen, R.A., Bowles, S.V., Kellar, M. & Supplee, E (1997). A conceptual overview of the Tripler LEAN Program: An inpatient multi-disciplinary approach for the treatment of psychophysiological disorders. *Army Medical Department Journal*. March-April, 20-23.
- James, L.C., Folen, R.A., Garland, F.N., Edwards, C., Noce, M., Ghodes, D. et al. (1997). The Tripler Army Medical Center LEAN program: A healthy lifestyle model for the treatment of obesity. *Military Medicine*. 162, 328-332.
- Bowles, S.V. (1994). Military aeromedical psychology training. *International Journal of Aviation Psychology*, 4 (2), (167-173).
- Bowles, S.V., (1993). Aeromedical psychology training. In R.S. Jensen, (Ed.), *Proceedings of the Seventh International Symposium on Aviation Psychology*, (pp. 682-683) Columbus, OH: Ohio State University Aviation Psychology Laboratory.
- Picano, J.J., Bowles, S.V., and Edwards, H.F. (1993). *U.S. Army Aeromedical Psychology Short Course*. In A.D. Mangelsdorf & N. Trent (Ed.), *Proceedings of the 1993 Army Medical Department Clinical Psychology Short Course*, San Antonio, TX.
- Bowles, S.V., (1993). Personality and coping in simulated aviation flights: Its application to aerospace missions. In A.D. Mangelsdorf & J.J. Picano (Ed.), *Proceedings of the 1990 Army Medical Department Clinical Psychology Short Course*, (pp 143-148) San Francisco, CA.
- Chidester, T.R., Kanki, B.G., Foushee, H.C., Dickerson, C.L., and Bowles, S.V. (1990). Personality factors in flight operations: Volume I. Leader characteristics and crew performance in full-mission air transport simulation. *NASA AMES Research Center Technical Memorandum*, Moffett Field, CA.

#### **POSTER PRESENTATIONS:**

- Bowles, S.V. (2010). Resilience in the Military population. In N. A. Ainspan (Chair), *Serving those who served others: Partnering with returning veterans to aid transitions*. APA CE Workshop at American Psychological Association Convention, San Diego, CA
- Bowles S.V., Maiers, A. Bates, M.J., Gearhart, B., and Campise, M. (2010). Overview of the resilience/reintegration model and efforts. Force Health Protection Conference, Phoenix, AZ
- Bowles, S. & Bates, M. (2009). Avenues of resilience for the military and veterans. In N. A. Ainspan (Chair), *PTSD and the return from war: Recovery and reintegration*. Symposium conducted at American Psychological Association Convention, Toronto, Canada
- Bates, M & Bowles S. (2009). Overview of the resilience/reintegration model and efforts. Force Health Protection Conference, Albuquerque, NM
- Ford, J & Bowles, S (2009). Perceived need for help seeking in a deployed U.S. Navy Sample. Poster Presented at USU Research Week, Bethesda, MD
- Bowles, S., Tanofsky-Kraff, M, Ford, J, Hill, L, Epperly, T, Rothman, L. (2008). Minorities in the Military: Weight Loss and Quality of Life. Poster presented at the APA Convention, Boston, MA
- Bowles, S, Koopman, C, Epperly, T, Breckenridge, L, Rothman, L. (2008). Spontaneous Abortion, PTSD, and Support. Poster presented at the APA Convention, Boston, MA
- Bowles, S.V., Cunningham, C.J., Jex, S.M. (2008). Development of a work-life well-being instrument. Poster presented at the NIOSH Convention, Washington D.C.
- Bowles, S., Feuerstein, M., Sbrocco, T., Krantz, D., Perry, M., & Demoncada, A. (2007) Military Clinical

Psychology at Uniformed Services University Health Sciences. Poster presented at the APA Convention, San Francisco, CA.

Picano, J.J., & Bowles, S.V. (2002). *Dimensions of Coaching Related to Productivity and Quality of Life*. Poster presented at the American Psychological Association Convention. Chicago, IL.

Bowles, S.V., Solursh, D. S., Davis, M. K., & Davis, H. (1999). *The relationship of quality of life and weight loss in a fit population*. Poster presented at the American Psychosomatic Society 57th Scientific Meeting. Vancouver, Canada.

Koopman, C., Drescher, K., Bowles, S.V., Dondershine, H., Blake, D., Classen, C., and Spiegel, D. (1998). *Acute dissociative symptoms in veterans with PTSD*. Poster presented at the annual American Psychological Association meeting: San Francisco, CA.

Bowles, S.V., Southwell, G., Long, C., & Ingram, M. *Personality and emotional factors related to weight reduction in a fit population*. (1998). Poster presented at the Society of Behavioral Medicine Conference 20th annual conference. New Orleans, LA.

.Bowles, S.V., Ramos, H., Folen, R.A., Bowles, S.V., Kellar, M. & James, L.C. (1998). *Psychologist expand their scope of practice: Renewing zyban prescriptions*. Poster presented at the annual meeting of the Hawaii Psychology Association, Honolulu, HI.

Bowles, S.V. *The Military LIFE Wellness Program*. (1998). *The Combined Army Preventative Medicine Conference*. Kansas City, Kansas.

Bowles, S. V., Knorr, S.J., Long, C., Metzger, K.M., & Page, G.L. (1997). *Eisenhower LIFE weight program*. Paper presented at the AMEDD Behavioral Sciences Short Course, Tampa, FL.

#### **PRESENTATIONS:**

Bowles, S. & Bates, M. (2009). Avenues of resilience for the military and veterans. In N. A. Ainspan (Chair), PTSD and the return from war: Recovery and reintegration. Symposium conducted at American Psychological Association Convention, Toronto, Canada

Bates, M & Bowles S. (2009). Overview of the resilience/reintegration model and efforts. Force Health Protection Conference, Albuquerque, NM

Bowles, S. V., (2008). DC Psychological Association *Your Resilience and the Healthy Work Place* American Psychological Association, Washington, DC

Bowles, S. V., (2008) . DC Society for Intercultural Education, Training, and Research (SIETAR) *The Military Culture* George Washington University, Washington, DC

Bowles, S. V., (2004) . *Personality, performance, stress-coping and well-being in U.S. Army recruiters.* Paper presented at the American Psychological Association Convention Honolulu, HI.

Bowles, S. V. & Picano, J.J. (2004) . *Coaching military leaders in support of Army recruiting.* Paper presented at the American Psychological Association Convention Honolulu, HI.

Bowles, S. V., (2003). *Duties and Functions of A Command Psychologist.* Paper presented at the International Military Testing Association Conference Pensacola, FL

Bowles, S. V., & White, L. (2002). *The United States Army Recruiting Implementation Process*. Paper presented at the International Military Testing Association Conference Ottawa, Canada.

Bowles, S. V., & White, L. (2002). *Army Recruiter Predictive Validation Process*. Paper presented at the American Psychological Association Convention Chicago, IL.

- Bowles, S. V., & Picano, J.J. (2002). *Coaching in the Military*. Paper presented at the American Psychological Association Convention Chicago, IL.
- Bowles, S. V., (2001). *U.S. Army Recruiting Center One: Selection, Assessment, and Coaching*. Paper presented at the American Psychological Association Convention San Francisco, CA.
- Bowles, S. V. (1999). *Challenges to military weight standards and maladaptive practices of service members to meet these weight standards*. Paper presented to the Subcommittee on Military Weight Management Programs at the Institute of Medicine, National Academy of Sciences Washington, DC.
- Bowles, S. V., Harvey, S., Wildzunas, R. & Milligan, D. (1999). *Aeromedical psychologist in accident investigations: Using the CRMA checklist*. Paper presented at the American Psychological Association Convention Boston, MA.
- Bowles, S.V., Davis, M.K. & James, L.C. (1999). *LIFE USAREC wellness pilot project*. Paper presented at the AMEDD Behavioral Sciences Short Course, Washington, DC.
- Davis, M.K., Bowles, S.V., & Friedman, M. (1999). *Integrating behavioral health in a primary care clinic*. Paper presented at the Regional Tri-Care Conference, Augusta, GA
- Bowles, S. V., Southwell, G., Ingram, M., Sander, L. & Marshall, B. (1998). *Applying the LIFE Wellness into CSC, Divisions and Hospitals*. Paper presented at the AMEDD Behavioral Sciences Short Course, Atlanta, GA.
- Bowles, S. V., Knorr, S.J., Long, C., Metzger, K.M., & Page, G.L. (1997). *Eisenhower LIFE weight program*. Paper presented at the AMEDD Behavioral Sciences Short Course, Tampa, FL
- Koopman, C., Drescher, K., Bowles, S.V., Dondershine, H., Blake, D., Classen, C., and Spiegel, D. (1996). *Acute dissociative symptoms in veterans with PTSD*. Paper presented at the annual American Psychiatric Association New York, NY.
- Bowles, S.V., Allison, V., James, L.C., & Folen, R.A. (1996). *Acute and posttraumatic stress disorders in miscarriage*. Paper presented at the annual meeting of the Hawaii Psychology Association, Honolulu, HI.
- Bowles, S.V. (1996). *Using imagery and relaxation techniques effectively*. Paper presented at the Tripler Pain Management Service Conference on none drug therapies for pain relief, Honolulu, HI.
- Bowles, S.V. (1995). *Aviation psychology in the military*. Paper presented to the Department of Psychiatry and Behavioral Medicine, Stanford University Medical School, Stanford, CA.
- Bowles, S.V. (1995). *Applications of aviation psychology*. Presented to the psychology staff and residents at the Northern California Veterans Administration Martinez, CA.
- Bowles, S.V. (1994). *The quality in cockpit crew coordination*. Presented to the American Society for Quality Control chapter meeting in Dothan, AL.
- Bowles, S.V. (1994). *Biofeedback and neurofeedback in aviation*. Paper presented to the Society of U.S. Army Flight Surgeons in Destin, FL.

**CURRENT AREAS OF RESEARCH FOCUS/ Interest:**

Stress Resilience, Relationship Enhancement, Coaching, Leadership, Lifestyle Change, Pregnancy Loss, Recruiting/ Selection, and Weight Reduction/Fitness.